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Your essential daily news | WEEKEND, JANUARY 15-17, 2016 High -7°C/Low -9°C Chance of flurries

EMMA JACKSON/METRO

Heritage label worries owners

STITTSVILLE

Designation may lower price tag of 130-year-old house

Lucy Scholey
Metro | Ottawa

A group of therapists is eyeing a historic Stittsville home as the site of a new wellness centre for patients suffering from PTSD.

But the current owner's family is worried the property value of 5897 Fernbank Rd. will plummet after a city sub-committee approved a heritage designation on Thursday. It still needs to go through the planning committee and council.

"It has been hard to sell anyway because of its condition," said Susan Kelly, who spent her teenaged years on the 10-acre homestead and neighbouring apple orchard. Her 97-year-old mother has owned the house since 1962

City staff say the 130-year-old house — built for the Flewellyn/Jones family, early settlers of the area — serves as a reminder of the neighbourhood's history.

But Kelly said her mother does not have the means to fix the crumbling foundation, electrical issues or replace the chimneys.

So her family was pleased when a group of seven Kanata therapists approached them about flipping the house for a wellness centre.

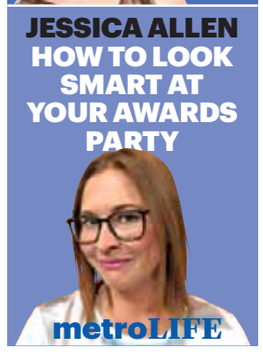
The "peaceful" property is the perfect venue, said Jen Hassani, a planning consultant who represents the group of therapists.

"It kind of has that capital-R romantic feel to it."

But when the group learned of the possible heritage designation, its lawyers advised against the purchase because the insurance for the apple orchard would be too costly. The committee voted to remove the orchard from the heritage designation.

Despite the possible decrease in sale price, the house will be sold, said Kelly.

However, Coun. Marianne Wilkinson noted that a heritage designation can increase property values.



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metro NEWS
Your essential daily news
Weekend, January 15-17, 2016

Netflix will crack down on customers who use proxy services to view content not available in their countries. **Business**

Feds reviewing crime prevention projects

GOVERNANCE

Sample of initiatives to be analyzed for effectiveness

Michael Woods
Metro | Ottawa

The Liberal government is planning to put hundreds of Conservative crime-prevention initiatives under the microscope to determine which ones worked — and which ones didn't.

A request for proposals issued Wednesday says Public Safety Canada is launching a year-long study examining the sustainability of crime prevention projects the department has funded.

Starting in 2006 — when Stephen Harper's Conservatives took office — the department has funded about 800 crime prevention projects under the National Crime Prevention Strategy.

The strategy's current priorities, the RFP says, are to address early risk factors among children, youth and young adults that are at risk of offending.

"The priorities include youth gangs, drug-related crimes, reducing recidivism among high-risk groups, enhancing the exiting of sex work activities, and fostering the prevention of Aboriginal communities."

The study would review a sample of the 800 projects to determine the extent to which they have been sustained beyond government funding; in other words, which ones were adopted by non-governmental agencies and other levels of government.

A final report would be due this November, with a presentation to department officials in mid-December.

Public Safety Canada "aims to provide national leadership on effective and cost-efficient ways to prevent and reduce crime," the RFP says. "It is important to gather and synthesize national evidence on what works to help guide policy and program decisions.

> **It is important to gather and synthesize national evidence on what works to help guide policy.**
> Excerpt from the Request for Proprosals

Former Public Safety Steven Blaney was responsible for a portfolio of projects under the National Crime Prevention Strategy. ADRIAN WYLD/THE CANADIAN PRESS FILE

"If successful crime prevention projects are sustained, this in turn will enhance crime prevention efforts in a cost-effective manner."

The Harper government touted many of its crime prevention initiatives to bolster its image of being tough on crime.

The National Crime Prevention Strategy has an annual budget of about $41 million.

However, CBC News reported in October that the Conservative government allowed $28 million in promised spending for the National Crime Prevention Strategy to lapse over three years, including $12 million in 2014-15. That's about 30 per cent of the allocated funds.

The RFP says Public Safety has been researching and reporting on the impact of its crime prevention projects for the past eight years "in order to demonstrate what works in crime prevention in Canada."

"Currently, (Public Safety) research efforts are focusing on the sustainability of successful, evidence-based crime prevention projects beyond NCPS funding."

The department has yet to respond to questions about the crime prevention strategy.

GLOUCESTER-SOUTHGATE

Community refreshing on the way

Emma Jackson
Metro | Ottawa

Coun. Diane Deans could see her community revitalized after all. The Gloucester-Southgate councillor says staff have whittled her revitalization program down to three contenders, including Albion-Heatherington and Vanier.

Deans had lobbied to use $250,000 to revitalize the downtrodden Heatherington neighbourhood last summer. She argued the community was poised for change since she had spent a year laying groundwork for the program.

While council liked her idea, they disagreed that Albion-Heatherington should automatically receive the funds. Instead, staff were asked to consider all needy neighbourhoods in Ottawa and then to recommend the worthiest community by this March.

According to Deans, staff have now shortlisted Albion-Heatherington, Vanier and a "west-end community" and will reveal the finalist in February.

She said the Albion-Heatherington option has expanded to include the Herongate and Timbercreek communities in Alta Vista.

But planning committee chair Coun. Jan Harder, who leads the working group, said Deans doesn't have all her facts straight.

Rather than creating a shortlist, Harder said staff have identified three areas that "weren't defined" at the group's November meeting — and could still change.

Privacy questions in child-porn case

BREACH

Inspector says the violation could be due to a staff shortage

Joe Lofaro
Metro | Ottawa

Questions are being raised about whether a staff shortage at the Ottawa Police may have played a part in officers violating the Charter rights of a man facing child pornography charges.

Ontario Superior Court Justice Marc Labrosse ruled last week that in 2013, Const. Genevieve Bolduc and Const. Kevin Williams violated the privacy rights of Tyler Mayo when they searched his laptop at a west-end Staples store and privately watched a child porn video found on the device. Staff tipped off police when the laptop was brought in for repairs.

The judge ruled police breached Mayo's Charter right protecting against unreasonable search and seizure, and that the officers failed to file a Report to Justice after they seized his personal property, as they are legally required to do.

Labrosse mentioned a staff shortage in the Ottawa Police Internet and Child Exploitation unit twice in his 25-page decision, released on Jan. 6.

"I accept the evidence of Staff Sgt. D'Aoust that as a result of the shortage of investigators in the (Internet and Child Exploitation) Unit, he took over the investigation of this matter to ensure it proceeded in a timely manner," wrote Labrosse.

"The delay in filing the (Report to Justice) was not intentional and he did so on his own on Dec. 5, 2013, when he realized that it had not been done."

The lawyer for Mayo, now 23, sought to exclude the evidence — the crux of the prosecution's case — at his upcoming trial due to the Charter violations. But the judge denied the request, noting the privacy breach was "moderate."

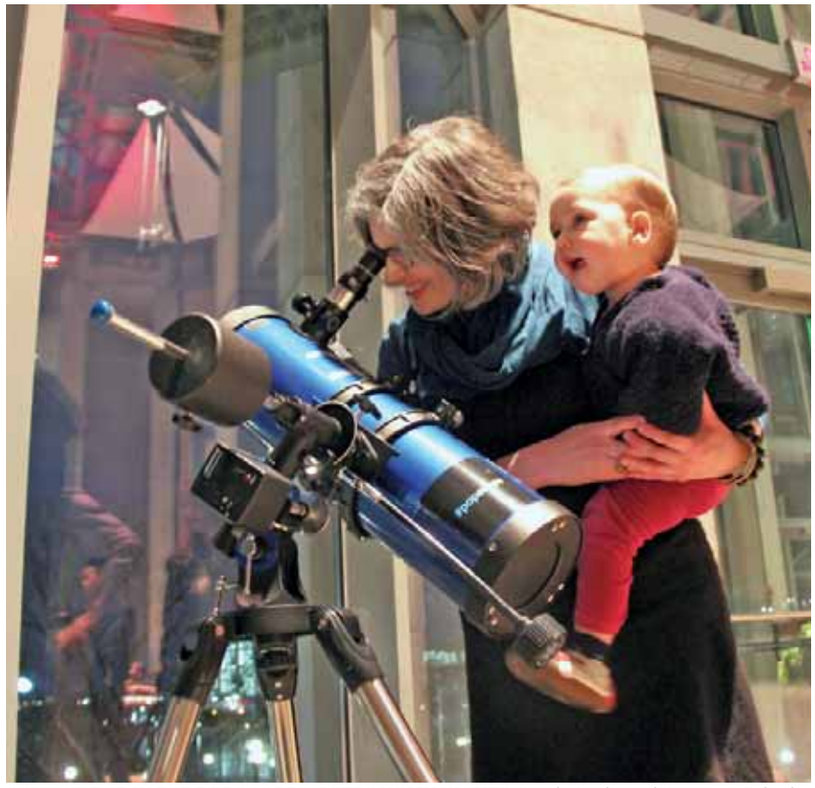
Staff Sgt. Francois D'Aoust, who was the acting head of the Internet and Child Exploitation Unit at the time, testified the unit was understaffed at a pre-trial hearing, according to the ruling.

Ottawa police Insp. John Maxwell didn't oversee this case, but said Thursday this oversight "possibly" could have been caught sooner had there been additional officers.

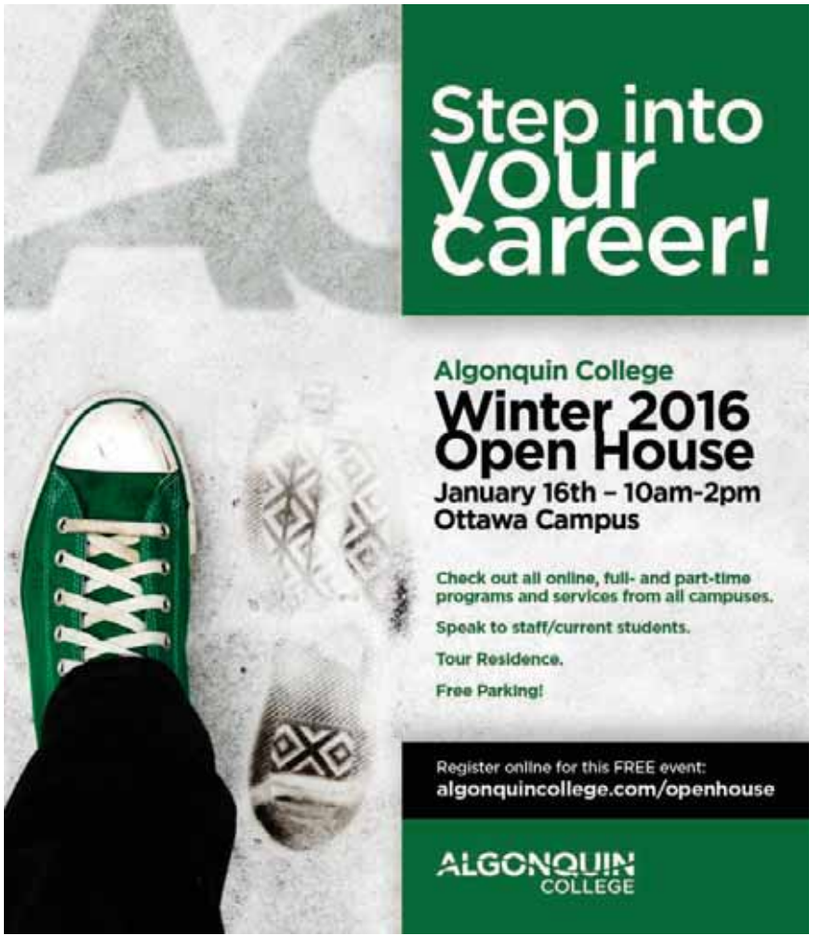
In the fall of 2013, there was one acting sergeant and two detectives in the Internet and Child Exploitation Unit, he said. Today, there is one sergeant and four detectives.

CHARGES

Tyler Mayo, 23, is facing one count each of possessing and accessing child pornography. A trial date has not been scheduled.



SCIENCE POP IN FOR POPSCOPE'S ASTRONOMY NIGHTS Sarah Doyle and Beatrice, 2, look at the moon through a high-powered telescope at the National Gallery. Public astronomy nights are put on regularly by Ottawa Popscope, a group of amateur astronomers and local scientists. Future events are posted at popscope.org. HALEY RITCHIE/METRO



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5 THINGS TO DO THIS WEEKEND

Prepare for your wedding, prepare for a terrorist attack and prepare for the winter Olympics all in one busy Ottawa weekend.

HALEY RITCHIE METRO

1 Anti-terror workshop (Saturday)

Technically, you're more likely to die from lightning strikes or car crashes than terrorist attacks, but if global violence is keeping you up at night, you might be interested in Krav Maga Ottawa's anti-terror class. The seminar covers how to move quickly through a frantic crowd and equips members of the public to prepare for explosives, hostage situations and active shooters. The seminar costs $85 and takes place from 2 to 5 p.m. Saturday at Algonquin College. Advanced registration is required at eventbrite.ca.

2 GG's winter celebration

Enjoy all things winter at Rideau Hall on Saturday from 12:30 p.m. to 4 p.m. Try every kind of winter sport imaginable, learn about Nordic films, Danish fairy tales, Inuit traditions and horse-drawn wagon rides. For kids there will be a winter camp, crafts, winter ice bubbles and the Winterlude ice hog family. Entry is free, but you are asked to donate non-perishable food or winter clothing for the Snowsuit fund.

3 Frisque Femme burlesque

Prepare for a black light "Bum Voyage" extravaganza with the Frisque Femme burlesque and variety show at Arts Court Friday night. Organizers promise a mixed show of comedy, drag, boylesque, contortion and burlesque. Tickets are $30 and include complimentary hors d'oeuvres at 7:30 p.m. The full show kicks off at 8:30 p.m. at Arts Court, 2 Daly Ave.

4 Winter Wedding Palace Show (all weekend)

It's everything weddings this weekend at the winter edition of the 2016 Wedding Palace Bridal Show. If you're planning a wedding the conference has all the things you need in one place: people, products and inspiration. The event takes place from 11 a.m. to 5 p.m. on Saturday and Sunday at the Shaw Centre. Tickets are $18 online or $20 regular price.

5 Hockey analytics at Carleton (Saturday)

Serious about hockey stats? Join the experts on Saturday at Carleton University to learn more about the data science of the sport. Experts from across North America will be presenting on different topics including draft data, statistics and player-tracking technology. There will also be networking and refreshments. The event is free to the public but donations (recommended $20) will be accepted.

Anti-communism memorial on agenda

COMMISSION

NCC board to tackle change of location next week

Michael Woods
Metro | Ottawa

The National Capital Commission will likely take another step toward relocating the memorial to the victims of communism when its board of directors meets next week.

Last month, Heritage Minister Mélanie Joly announced the memorial would not be built at its controversial location southwest of the Supreme Court of Canada building.

Instead, it will be built at the Garden of the Provinces and Territories, a few hundred metres to the west, with a new design and smaller budget.

That move, however, was pending the NCC board's approval.

The agenda for the board's Jan. 20 meeting says it will vote on a request from Canadian Heritage to rescind the land use and decontamination approval for the memorial's original proposed site.

The board originally approved decontaminating that site last June, under the previous Conservative government. But no decontamination work was ever done.

A consultation process and new design competition for the monument will be launched with a view to completing the memorial by 2018.

OTHER PENDING VOTES

The memorial is one of several hot-button issues up for a vote at the meeting.

The board will also vote on the $110-million National Arts Centre rejuvenation project.

Work began on the project last week, with an addition and new facade on Elgin Street scheduled to open Canada Day 2017.

Also on the agenda is Saudi Arabia's embassy on Sussex Drive.

Elevated platforms at the Ottawa VIA Rail station are also up for a vote.

HEALTH CARE

Nurses group warns layoffs hurt patients

The Ontario Nurses' Association is sounding the alarm about layoffs of registered nurses by cash-strapped hospitals, and warns patients will pay the price.

The union, which represents 60,000 registered nurses, says there were 770 RN positions cut across Ontario last year, and hospitals in Windsor and Kitchener have already announced more RN layoffs this month.

The hospitals decided to "risk the health outcomes of patients by cutting RNs to balance the budget," said ONA president Linda Haslam-Stroud.

Part of the problem is the government's funding formula favours hospitals in high-growth areas like Toronto, Markham, Richmond Hill and Barrie, which means less money for an area like Windsor-Essex, said WRH president and CEO David Musyj.

"Generally this is where we have been penalized as a hospital and region," Musyj said in a note to staff announcing the layoffs.

Health Minister Eric Hoskins issued a statement praising the work of nurses, and saying hospitals are responsible for their own staffing decisions.

A spokesman for Hoskins said the government consulted 500 "health system leaders, clinicians and experts" on the design and implementation of the funding formula.

Ontario Nurses Association president Linda Haslam-Stroud. TORSTAR NEWS SERVICE

The Progressive Conservatives insisted Ontario hospitals are in crisis because their budgets have been frozen for four years, and said nurses are ending up as targets and patients are getting decreased levels of care.

The New Democrats said the Liberals' decision to freeze hospital budgets means nursing cuts that directly impact patients, and pointed out that people can wait up to 200 days for home care services after they are discharged from hospital.

THE CANADIAN PRESS

CRIME

Coffee-loving gas station robber sought by police

Some people need a coffee before they can do anything in the morning. Apparently, that also applies to robbing a gas station.

Ottawa police are looking for a man who robbed a gas station last month — but not before first pouring himself a cup of coffee.

Police say the man entered a gas station along the 3400 block of Hawthorne Road on Dec. 9 at about 2:25 a.m. He made himself a coffee, then told the cashier he had a weapon and demanded cash.

Police say the man then fled with an undisclosed quantity of cash. No one was injured.

The suspect is described as a white man of average height who may have had a moustache. He wore a ski mask, grey hoodie and gloves. METRO

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City mulls Glebe holiday exemption

ECONOMY

Nearby tourist hot spot may allow retailers to open doors

Lucy Scholey
Metro | Ottawa

A city finance committee will soon debate whether to allow Glebe retailers to open on holidays. The Glebe BIA has applied for an exemption to an Ontario law, Retail Business Holidays Act, that forces retail businesses to close on statutory holidays.

The city can grant exemptions to neighbourhoods situated within two kilometres of a tourist attraction. In the Glebe's case, it's the Rideau Canal, which is a UNESCO World Heritage site.

> **It's a quintessential downtown Ottawa neighbourhood.**
> BIA's Andrew Peck

Now that the Lansdowne Park redevelopment and street construction are done, the Glebe is poised to make an economic contribution to the city, according to the BIA's executive director.

"It's a quintessential downtown Ottawa neighbourhood that's unique to the city," said Andrew Peck. Glebe retailer Stephane Sauve said the neighbourhood could compete with the ByWard Market, where retailers are allowed to open on statutory days off. If the city grants the Glebe a law exemption it will be up to businesses to choose whether to open on holidays.

Cars line Bank Street in the Glebe. JOE LOFARO/METRO

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CYCLING

Clearing issues on bike lane network

Emma Jackson
Metro | Ottawa

The city's expanded winter cycling network could use a bit more tweaking, activists say.

City council last year decided to double the amount of bike lanes, cycle tracks and multi-use pathways cleared during winter months, bringing the network to 40 kilometres and connecting the downtown core to Westboro, Dow's Lake and Manor Park.

But implementation has been rocky since the snow arrived in earnest with a major snowstorm on Dec. 29.

"Its not the priority (cyclists) expected it to be," said Heather Shearer, spokeswoman for Citizens for Safe Cycling. She said the expanded network is "a great start," but bike lanes are not yet being cleared to city standards.

Bike lanes in the downtown core should be cleared down to bare pavement four hours after 2.5 centimetres have fallen, according to the city. That didn't happen on Dec. 29, but everything was behind schedule that day, including road clearing.

Rideau-Rockcliffe Coun. Tobi Nussbaum said the new network is a "work in progress" and getting better every snowfall. "Its just making sure all of the operators are aware of the new standard," he said.

Cyclists would feel more comfortable, cyclist Lana Stewart said, if more roads connected to the well-maintained multi-use pathways. Key roads like Percy and Bay streets have been sketchy after snowfalls, she said, forcing cyclists to choose between fighting snow or facing traffic.

Ottawa's snowy bike lanes. EMMA JACKSON/METRO

IN BRIEF

Councillor hosting info session on new footbridge

Fresh off the opening of a pedestrian bridge linking Vanier to Sandy Hill, the city is taking steps to build another one.

The Fifth Avenue-Clegg St. link, connecting the Glebe to Old Ottawa East, is next on the city's radar, as far as bridges go.

Capital Coun. David Chernushenko is hosting an information session on the "latest updates" on the new footbridge at the Glebe Community Centre, at 175 Third Ave. on Feb. 4, from 6:30 to 8:30 p.m.

The session will include information on the proposed design and possible plan to get shovels in the ground before the anticipated 2020 start date. LUCY SCHOLEY/METRO

Disabled boy attacked, tossed in dumpster

WINNIPEG

Passerby saved him, but family shocked

When his 13-year-old son came home late from school last week, John Morrissette figured he had just gone on a walk.

It wasn't until the next day that Morrissette found out his intellectually disabled boy, Jean-Micheal, had been found in a Winnipeg garbage bin as temperatures dipped to -15 C.

Morrissette said his son had been assaulted by two men, thrown in the dumpster and left to freeze.

"I was very angry with the guys who would do this to my son," Morrissette said in an interview Thursday. "You can see he's a harmless child."

Nicole Langlois, who works nearby, told CTV Winnipeg that she heard faint cries for help as she walked past the large garbage container. A gut feeling made her return and she found the boy covered with garbage.

"All he kept saying was, 'Help. They pushed me in here,'" Langlois said.

"She's my son's angel," he said. "I thank her every day."

The family is appealing to anyone who might have seen anything to come forward.

"You don't jump a kid in daylight and nobody see it," he said. "My son can't identify them. But somebody can."

"Be my son's voice, somebody." THE CANADIAN PRESS

John Morissette, right, with his son Jean-Micheal, 13. THE CANADIAN PRESS

Prime Minister Justin Trudeau and Jennifer Flanagan, centre, President and CEO of Actua, after taking part in a virtual reality tour **at the new Google Canada Development headquarters in Kitchener, Ont., Thursday.** NATHAN DENETTE/THE CANADIAN PRESS

ECONOMY

Diversity key to economic growth: PM

Shifting away from reliance on oil and other commodities is key to Canada's economic recovery and future growth, an upbeat Prime Minister Justin Trudeau said on Thursday.

Speaking at the opening of Google's new Canadian headquarters, Trudeau acknowledged the pain many people are feeling amid an unprecedented slump in oil prices.

"The recent troublesome news coming out of Alberta and elsewhere is, unfortunately, not a surprise — we saw the trend lines coming," Trudeau said.

"That is why we put forward an ambitious agenda to invest in Canada, to count on Canadians to be able to bounce back from low commodity prices by diversifying."

Despite the "difficult times," Trudeau said he was optimistic about the country's prospects, saying the opening of Google's 17,000-square-metre facility was an example of the "positive news" in the economy.

Canadians, he added, have much to offer the world in terms of innovation and forward thinking.

"There are tremendous bright spots," he said.

Trudeau spoke of the increasing importance of the high-tech sector to the country's economic future, with computers and how to program them critical to the sector's success in a world undergoing "extraordinary changes."

During his tour of Google, Trudeau chatted with children taking part in a computer coding workshop. Education that includes such training, he said, is vital.

"Not only am I a former teacher but I also, when I was studying engineering, got half-way decent as a coder in C++."

"We need to do a lot better job of understanding what coding is and how it's important, how to program, how to problem solve."

Earlier in the day, the Liberal prime minister visited BlackBerry's HQ, and stopped by at the University of Waterloo — which supplies many of Google's engineers — to announce $12 million for research into clean-water technologies. THE CANADIAN PRESS

NCC CCN Canada

LeBreton
REDEVELOPMENT OF
LeBreton Flats

Public Consultation

The National Capital Commission (NCC) invites you to participate in a public consultation on the redevelopment of LeBreton Flats, one of the most significant urban development sites in the core of Canada's Capital.

Tell us what you think of the two proposals for this signature site.

PARTICIPATE IN PERSON:
Canadian War Museum
1 Vimy Place, Ottawa

Tuesday, January 26, 2016
Open House: 4 pm to 9:30 pm
Presentations: 6 pm
Questions and Answers: 7:20 pm

Wednesday, January 27, 2016
Open House: 8 am to 9:30 pm
Presentations: 6 pm
Questions and Answers: 7:20 pm

PARTICIPATE ONLINE:
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7 killed in Jakarta attacks

INDONESIA

ISIL claims bombing of Starbucks, shootings

A bustling shopping area was shaken by the blasts of suicide bombers and gunfire as onlookers fled in terror.

But when Thursday's assault in central Jakarta was over, the death toll was far lower. Of the seven killed, five were the attackers themselves and only two were civilians — a Canadian and an Indonesian. Another 20 people were wounded.

Still, authorities and analysts believe the violence that left the city of 10 million on edge for hours was a loud announcement of the Islamic State of Iraq and the Levant (ISIL)'s presence in the world's largest Muslim-majority nation.

Supporters of ISIL circulated a claim of responsibility on social media resembling the militants' previous messages.

The attackers carried handguns, grenades and homemade bombs and struck a Starbucks cafe and a traffic police booth in the Indonesian capital's highest-profile attack in six years.

Authorities said they found a large, undetonated bomb and five smaller devices in a building near the cafe.

"So we think ... their plan was to attack people and follow it up with a larger explosion when more people gathered," said Maj. Gen. Anton Charliyan, the spokesman of Indonesia's national police. "But thank God it didn't happen."

Jakarta police chief Maj. Gen. Tito Karnavian said the attackers had links to ISIL and were part of a group led by Bahrum Naim, an Indonesian militant who is now in Syria.

"We have identified all attackers," Charliyan said. "We can say that the attackers were affiliated with the ISIS group," he added, using another popular acronym for the group.

The claim was shared on Twitter late Thursday, and the U.S.-based SITE Intelligence Group said it also was circulated among pro-ISIL groups on other media.

The message said attackers carried out the Jakarta assault and had planted several bombs with timers. It differed from Indonesian police on the number of attackers, saying there were four. It said they wore suicide belts and carried light weaponry.

Taufik Andri, a terrorist analyst, said although the attack ended swiftly and badly for the attackers, their aim was to show their presence and ability.

"Their main aim was just to give impression that ISIS' supporters here are able to do what was done in Paris," he said. THE ASSOCIATED PRESS

1 A bouquet of flowers is placed in front of the explosion site on Thursday. GETTY IMAGES **2 The Starbucks cafe where an attack took place displays the message "Pray for Jakarta."** THE ASSOCIATED PRESS **3 Indonesian servicemen stand guard** as police collect evidence from the site. AFP/GETTY IMAGES

THE LATEST

Indonesian TV reports that police have arrested three men on suspicion of links to Jakarta attack.

TERRORISM

Canadian man dead

A Canadian man was killed in Indonesia's capital Thursday when gunmen launched a series of co-ordinated attacks police said were linked to the Islamic State of Iraq and the Levant.

Jakarta police chief Maj.-Gen. Tito Karnavian told a news conference that the first attack — a suicide bombing — happened at a Starbucks, causing customers to run outside, where two gunmen opened fire, killing the Canadian and wounding a bystander.

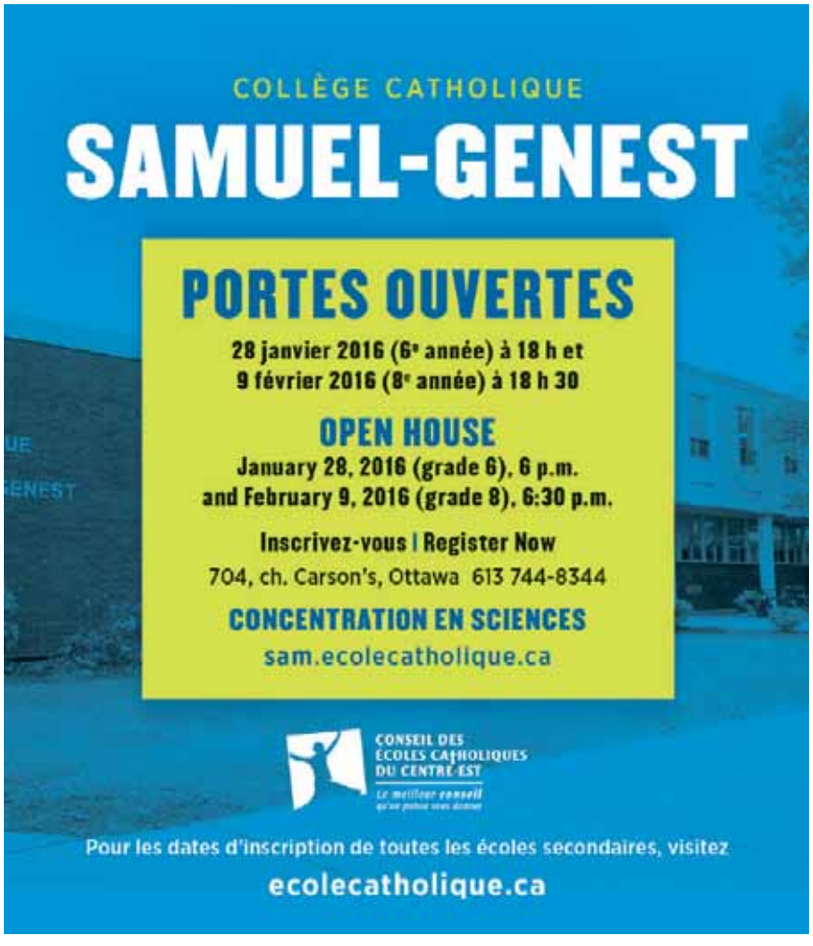
Two other suicide bombers attacked a nearby traffic police booth, killing themselves and an Indonesian man.

Shortly after, Karnavian said, a group of policemen was attacked by two remaining gunmen, using homemade bombs. This led to a 15-minute gunfight, he said.

All five gunmen were killed and 20 people were wounded in the attacks, police said.

Canadian Prime Minister Justin Trudeau said Ottawa was working with Indonesian authorities to confirm the reports of a Canadian killed in the attacks.

"The hearts of Canada and Canadians go out to the people of Indonesia and all the families and victims of these terrible attacks," he said. THE CANADIAN PRESS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These people were among refugees bused from Bavaria to Berlin. AFP/GETTY IMAGES

GERMANY

Bus carrying refugees rerouted to Merkel

A bus carrying 31 Syrian refugees arrived in Berlin from southern Germany on Thursday night as a district councillor in Bavaria followed up on his pledge to Chancellor Angela Merkel that he'd send refugees her way if his district could no longer provide accommodation.

The act came amid ongoing concern about how Germany will deal with 1.1 million asylum-seekers that flooded in last year. Peter Dreier, a Landshut councillor, said he wanted to "send a sign that refugee policy cannot continue like this."

Dreier said he had talked with Merkel on the phone last year, warning her that Landshut was reaching its capacity and that he'd put refugees on buses to Berlin if his district could no longer handle the influx.

Merkel's spokesman Steffen Seibert said in a statement that the city of Berlin had agreed to offer accommodation for the refugees for their first night in Berlin.

The refugees thought of the trip to the German capital as an opportunity and were upset when they found out they had been used by Landshut politicians to make a stance against the federal government's policy, media reported.

Landshut spokesman Elmar Stoettner said earlier on Thursday that all 31 refugees on the bus had been granted asylum in Germany and volunteered to participate in the bus trip. THE ASSOCIATED PRESS

IN BRIEF

Powerball winners' names remain a mystery

An unprecedented $1.6 billion Powerball jackpot that became a national fascination will be split three ways, by mystery winners in Florida, Tennessee and California. The winners did not immediately identify themselves Thursday, but they bought their tickets in Munford, TN; the modest Los Angeles suburb of Chino Hills; and at a supermarket in Melbourne Beach, Florida. THE ASSOCIATED PRESS

Turkey fires back at ISIL

Turkish tanks and artillery have attacked the Islamic State of Iraq and the Levant positions in Iraq and in Syria in retaliation for the suicide bombing in Istanbul which killed 10 tourists, Turkish PM Ahmet Davutoglu said Thursday. THE ASSOCIATED PRESS

Ebola death in Africa after WHO said epidemic over

According to reports, hours after the World Health Organization declared Thursday an end to the deadliest Ebola outbreak ever, the disease was confirmed to have killed one person in Sierra Leone. METRO, WITH FILES FROM THE ASSOCIATED PRESS

One-third of Canadian subscribers admit using unblockers to access the American version of Netflix. ISTOCK/GETTY IMAGES

Users won't get away with murder: Netflix

STREAMING VIDEO

Company vows to shut down use of proxy services

Netflix says it's planning on cracking down on users who use virtual private networks and proxy services to view content not available in their countries.

Many of the company's distribution deals with major studios and content providers are negotiated on a regional basis, meaning certain titles are only available to users in certain countries.

Some Canadians use VPN services to stream Netflix movies and TV shows available in the United States, which according to the website Netflixable has around twice as many available titles. The U.S. version of Netflix also features more Hollywood blockbusters and recent seasons of popular network shows than its Canadian counterpart.

In a blog post, David Fullagar, Netflix's vice-president of content delivery, said the company is making progress in licensing content across borders, but is now implementing new measures to end the use of so-called unblockers and other proxy services.

The company has always been against the use of such services and has said it takes measures to shut them down, but Fullagar said the company is "evolving" its approach to the problem and the new strategy will be in place in the coming weeks.

According to a April 2015 report by Media Technology Monitor, roughly two in five English-speaking Canadians has a subscription to the video-streaming service, with nearly one-third saying they had accessed the American version of the service.

THE CANADIAN PRESS

IN BRIEF

Wikipedia gets another source of cash

Wikipedia is getting additional money as it turns 15 on Friday. A new endowment created for it will start with $1 million US donated by Jim Pacha, a software engineer who died in 2014, with a goal of $100 million by 2026.

THE ASSOCIATED PRESS

market minute

DOLLAR 69.63¢ (–0.08¢)

TSX 12,336.03 (+165.62)

OIL $31.20 US (+72¢)

GOLD $1,073.60 US (–$13.50)

NATURAL GAS: $2.139 US (–13¢)
DOW JONES: 16,379.05 (+227.64)

BANK OF CANADA

Economists predict rate cut next week

A growing number of economists predict the Bank of Canada will cut interest rates next week in response to the economic hit from slumping oil prices.

The move should lead to lower borrowing costs for consumers and businesses, which could boost spending and put pressure on a falling loonie. That, in turn, could help boost exports.

0.5%
The Bank of Canada's key overnight rate.

However, economists cautioned that after eight years of record low rates, a cut could have mixed results. They said the price of houses in overheated markets like Toronto and Vancouver could potentially be boosted, while only modestly helping drive exports.

The Bank of Montreal and Canadian Imperial Bank of Commerce are the latest to join a chorus of forecasters predicting a quarter-point cut in the central bank rate on Jan. 20. That would take the rate back down to a record low 0.25 per cent and mark the third time in a year the bank has cut rates to prop up the economy.

Toronto-Dominion Bank chief economist Beata Caranci first raised the possibility of a rate cut in a note Wednesday, citing the Bank of Canada's quarterly Business Outlook Survey, which showed business investment and hiring intentions at their lowest level since the Great Recession of 2008-09.

TORSTAR NEWS SERVICE

Did You Live at Any of the Following Institutions or Know Someone Who Did?

St. Lawrence Regional Centre
between April 1, 1975 - June 30, 1983

L.S. Penrose Centre
between April 1, 1974 - March 31, 1977

D'Arcy Place
between Sept. 1, 1963 - Dec. 31, 1996

Oxford Regional Centre
between April 1, 1974 - March 31, 1996 or in the "Mental Retardation Unit" or "MR Unit" between Jan, 1, 1969 - March 31, 1974

Midwestern Regional Centre
between Sept. 1, 1963 - March 31, 1998

Adult Occupational Centre
between Jan. 1, 1966 - March 31, 1999

Durham Centre for Developmentally Handicapped
between April 1, 1974 - Sept. 28, 1986

Muskoka Centre
between Aug. 28, 1973 - June 30, 1993

Prince Edward Heights
between Jan. 1, 1971 - Dec. 31, 1999

Northwestern Regional Centre
between April 1, 1974 - March 31, 1994

Bluewater Centre
between April 1, 1976 - Dec. 20, 1983

Pine Ridge
between Sept. 1, 1963 - Aug. 31, 1984

A Lawsuit and Proposed Settlement May Affect You.

The Ontario Superior Court of Justice decided that a class action on behalf of a "Class" of people who lived at the above institutions is allowed to go forward. There is also a proposed settlement to end the class action.

What is this case about?
The lawsuit says the Province of Ontario failed to properly care for and protect people who lived at the Institutions. The Province of Ontario denies these claims. The parties have reached a proposed settlement to end the lawsuit.

If you are having a difficult time dealing with these issues you can call 1-866-442-4465 (TTY: 1-877-627-7027).

Are you included?
You are included in this lawsuit if:

- You lived at one or more of the Institutions between the dates listed above and were alive as of June 16, 2012; or
- You are an estate trustee of someone who lived at one of the Institutions but who died after June 16, 2012.

Who represents the former residents?
The Court has appointed Koskie Minsky LLP (KM LLP) to represent the former residents as a Class.

The proposed settlement
The proposed settlement includes:
- an approximately $35.9 million settlement fund;
- a paper based claims process that will not require anyone to testify in court; and
- a release by class members of all claims against the Province of Ontario stemming from the Institutions.

Compensation and legal fees
If the settlement is approved by the court, there will be a claims process allowing former residents who are part of the Class to ask for compensation.

KM LLP agreed that it would only be paid if there was a settlement or a successful judgment. KM LLP will seek the court's approval of its legal fees of $3.7 million plus $481,000 for taxes.
All payments to the class members will come from the settlement, after payment of legal fees, tax and a mandatory payment to the Class Proceedings Fund of $2.9 million.

Your legal rights and options
DO NOTHING: by doing nothing you automatically stay in the class action and wait to see if the settlement is approved on April 25, 2016. You can then make a claim if the settlement is approved. **Staying in this Class will not impact the residence or supports received from community based agencies which are funded by Ontario.**

GET OUT OF THE CLASS ACTION: If you do not want to be part of the settlement and want to keep your rights to sue Ontario individually over the claims in this case **you need to remove yourself.** If you remove yourself, you cannot get money from this lawsuit. To ask to be removed, send a letter to the Class Action Administrator, postmarked no later than **April 15, 2016,** that says you want to be removed from *Clegg v. Province of Ontario.* Include your name, address, telephone number, and signature. You can also get an Opt Out Form at www.schedule1facilities.ca.

STAY IN THE CLASS ACTION BUT OBJECT TO THE SETTLEMENT: If you want to stay in the lawsuit but you don't want the settlement approved, you can object to the settlement. If you want to object to the settlement, you have to write to the Court and tell them why. You must send your written objection to the Class Action Administrator. You can ask to talk at the court hearing on April 25, 2016.

Approval hearing
The settlement, claims process and counsel fees are subject to court approval. The approval hearing shall be heard on **April 25, 2016 at the Superior Court of Justice in Toronto, Ontario.** Class members may attend the hearing. Any class members who wish to object to the proposed settlement should provide written notice of their objection to the Claims Administrator by April 4, 2016.

Contact information
If you need more information or wish to object, please contact the Class Action Administrator, toll-free, at 1-866-442-4465 or TTY: 1-877-627-7027, write to Schedule 1 Class Action Administrator, 3-505, 133 Weber Street North, Waterloo, Ontario, N2J 3G9, or by email at: schedule1facilities@crawco.ca.

Getting Notice to former residents
Family members, caregivers and friends of former residents are asked to help in getting information to former residents. Please show this notice to people who are impacted by this lawsuit or their caregivers.

metro VIEWS
Your essential daily news
WEEKEND, JANUARY 15-17, 2016

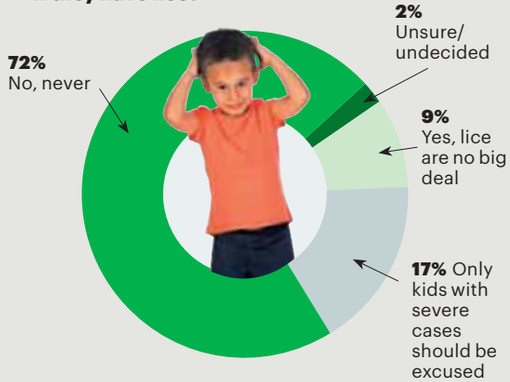
Metro POLL

The facts of lice

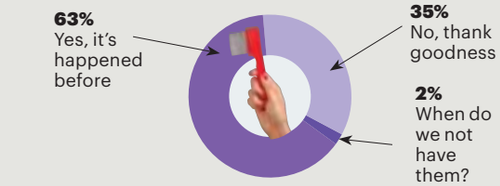
Visit metronews.ca to have your say.

School boards across the country, on the advice of the Canadian Paediatric Society, are revoking the rule that children with head lice must stay home from school. A few creepy crawlies — which cause only mild itching and don't spread disease — are no reason to interrupt kids' education, the society says. Head lice don't spread disease (just embarrassment and anxiety) and many kids who are found to have nits don't actually have lice, leading to a lot of unnecessary absences. So why the uproar about letting lousy kids in the classroom? We asked our readers.

1 Should children be allowed to attend school if they have lice?



2 Have your children or anyone in your family ever had to deal with lice?



3 If you are OK with kids who have lice attending school, why?

66% I'm not okay with that!
11% Sending kids with lice home is stigmatizing
11% Lice are not worth interrupting education over
4% You can't keep ahead of lice, no point in trying
4% Lice is not that big a deal
4% Other

"It's more embarrassing for children to attend school with lice than stay home until they are treated."

"The problem was never-ending when my four children were small. It's not a disease, it's an everyday issue."

"A 24-hour rule is enough as long as the parent does their part."

"Between the shampoo and the coin laundry, lice end up costing hundreds of dollars to get rid of."

WE ASKED Metro readers

Time to crack up the myth of mid-life crisis

Genna Buck
Metro | Toronto

Watch out for that mid-life crisis. Dad will fall into a deep depression and climb out with a shiny motorcycle and a half-his-age girlfriend to match.

Until recently, that idea was both accepted science and conventional wisdom.

But a new study — the first to follow Canadian adults' happiness over a long period of time — tells a different story.

The paper, in the journal Developmental Psychology, throws cold water on the notion of a mid-life crisis. Put scientifically, it challenges the theory that happiness (the measure of how satisfied people report they are with their lives overall) follows a U-shaped curve throughout life (carefree youth, miserable middle age, happy old age).

The researchers used two Canadian data sets, representing about 1,600 people. One followed a group from age 23 to 37 and asked them periodically about happiness — and each time, they reported feeling happier on average. The set looked at a different group from age 18 until 43. They said they were happier from their teens to 30s, with just a very slight drop at 43.

"We can't read too much into that," said Nancy Galambos, the lead author and a professor of psychology at the University of Alberta. "Even with that slight dip, they were much happier at age 43 than they were, on average, at age 18 or in their early 20s."

Because this was a longitudinal study (it followed the same people over time), I'm apt to trust it over past "snapshot"-style studies that surveyed people of different ages and concluded happiness dips in mid-life.

That method is flawed, Galambos says. We don't know how today's teenagers will feel in their 40s. Asking today's 40-year-olds won't get us closer to the answer. And one-off studies often reflect ups and downs, not trends. Immediate circumstances (work stress, kids-stress, etc.), at the time a person is answering a survey can throw off the results.

So why does life look up as we get older? Stability. Being young is stressful and uncertain. Gainful employment tends to make people happier, and that comes with time, Galambos said. The same is true of being married, so it's not surprising that younger adults — who have left the nest, but have yet to form their own families — tend to be unhappy. As we age, we get better at regulating our emotions, the study says. In layman's terms, we wise up.

But the mid-life crisis thing seems to be baloney. "There are crises across the lifespan. Some of them happen in mid-life," Galambos said, but "People really believe in the mid-life crisis. People count on one." And that's a problem, because middle-aged people may assume the inevitable crisis has hit when what's really going on is a mental health issue.

Bottom line: Most of the people studied became happier over time. And that's a nice thought. Flailing Millennials can look forward to settling down. Middle-aged folks can stop waking up every morning and wondering if the time has yet arrived to crack up. And if you're elderly, there's more good news: The literature pretty clearly shows we continue to get happier as we age. Perhaps you could devote part of your twilight years to helping the rest of us calm down.

Genna Buck is a science writer and a section editor at Metro. Follow her on Twitter @genna_buck.

ROSEMARY WESTWOOD

metroview

They's the word of the year, and for good reason

It's award season, and "they" won.

The American Dialect Society, which hosts what it considers the premiere word-of-the-year event, voted "they" as the winner for 2015 — particularly, "they" in the form of a third-person singular pronoun to refer to gender-nonconforming people.

They're right, of course. As are the many like-minded others (including the Washington Post). It should be used. Both because reality necessitates a common pronoun that can be applied to people who are not he or she, and also because every person deserves to be referred to accurately and respectfully.

As a writer, however, "they" has been hard to swallow.

For a least the last few years, and especially when writing about trans issues, I've had sources ask to be referred to as "they." I never denied that request. But I never completely acquiesced.

Instead, I avoided pronouns altogether, and wrote around the problem.

"They" has long been used in a way (e.g., "Everybody loves their mom" instead "Everybody loves his or her mom") that bothers no one who isn't a hardline grammarian. Shakespeare, Jane Austen, you and me — we're all fine with it.

But some uses of "they" sound off-kilter to me. To wit: "Susie loves her mother, and they loves their father too."

Or, more likely to arise in my work, "'I love my mother,'" Susie said. And their father, they added."

Clunky, no? Jarring, too. Like walking off the sidewalk curb without expecting to.

It's all English's fault. Other languages have gender-neutral pronouns; their speakers haven't spent years concocting stand-ins with no consensus. Among the offerings over the years: "ne," "e," "thon" or "jee." Some universities, including Harvard, let students self-identify on registration forms as "ze," "e," or "they."

Bill Walsh, a copy editor at the Washington Post and keeper of the paper's style guide, called "they" "the only sensible solution to English's lack of a gender-neutral third-person singular personal pronoun." Increasingly, there is a consensus around "they," and we should be grateful. It is much, much better than "ze."

I'd even argue it's a win for so-called prescriptivists — those who prize the rules of language, as opposed to the fluidity of its usage.

If "they" becomes the agreed-upon pronoun for those who are not hes and shes, then we have a new and very useful rule.

And as someone who's often found rules comforting, this, too, is welcome.

Elegance will have to wait.

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Acting tough under pressure

BENGHAZI

13 Hours' Pablo Schreiber on working with Michael Bay

Richard Crouse
For Metro Canada

John Krasinski and Pablo Schreiber star in Michael Bay's 13 Hours: The Secret Soldiers of Benghazi. CHRISTIAN BLACK/HANDOUT

Making a war movie is hard work, with long hours and tough conditions. According to 13 Hours: The Secret Soldiers of Benghazi star Pablo Schreiber, making a war movie with Michael Bay is extra difficult.

"Everyone who has worked with Michael Bay has told me the set can be a challenging place to work," he says of the Transformers director. "I got all these stories to prepare but ultimately nothing anybody says can prepare you for that experience. He works faster than any director working. We do about 75 set-ups a day, which is massive especially when each of them is like its own action sequence. It's an insane amount of work. He demands a lot from you. It's very necessary that you come prepared, that you are ready to perform any piece of the movie at any given time."

The Canadian born actor and winner of the We Love to Hate You Award at the 2014 Young Hollywood Awards for his work as George "Pornstache" Mendez on Orange Is the New Black, says Bay took him by surprise during the 2015 shoot in Malta.

"There's a scene at the end where a convoy is rolling in and we don't know if they are friendly or bad," he says, "and it is one of the emotional peaks of the movie. For me it was a scene I had checked off as an actor as one I had to be ready and prepared for. Then he shot it a week before we were supposed to shoot it. I had about five minutes to prepare. He said, 'Let's go on the roof and get that last sequence.' He started setting up cranes. To be ready at any moment for whatever he's going to throw at you is very important. As actors, all six of us ended leaving there feeling like if we had gotten through that experience we could deal with anything."

When I ask if the chaotic set conditions were Bay's way of not-so-subtly exposing his actors to the same kind of unpredictable situations their characters were dealing with, he laughed.

"I'm not sure how much forethought was put into that vibe, but it was definitely effective and it works. As actors we were constantly disoriented and didn't quite know where we were and didn't know where we were going to be on any given day."

Schreiber plays Kris "Tanto" Paronto, a former U.S. Army Ranger who was one of six CIA security contractors working in Benghazi, Libya on September 11, 2012, when well-armed Libyan militants — using weapons pilfered from former Prime Minister Muammar Gaddafi's abandoned arsenals — invaded the American embassy. Their attempt to rescue ambassador J. Christopher Stevens and Foreign Service Information officer Sean Smith led to a harrowing thirteen-hour battle.

The 37-year-old actor met Tanto and says he felt a great responsibility in playing a real person who was on set and would eventually see the film but adds that director Bay tried to keep show the humanity of the story's heroes.

"Michael Bay made this movie and he normally make these big extravaganzas but this is not a superhero movie," he says. "This is a movie about very, very real human beings who behaved extraordinarily under the most difficult circumstances."

MOVIE RATINGS by Richard Crouse

13 Hours: The Secret Soldiers of Benghazi ★★★

Ride Along 2 ★★★

Norm of the North ★

HOW RATING WORKS

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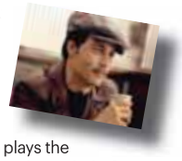
5 WAYS THE MOB RULED THE '90S

Mob movies were everywhere in the 1990s. Throughout the decade, the genre went deeper and darker, with unforgettable characters and a believably ruthless underworld. Here are five reasons why '90s mob movies bury the rest:



1. Real low-lifes. Forget the overcooked buffet of Italian mob-boss movies from the '70s. The best gangster films of the '90s were fresh, chilling and based on real people. Donnie Brasco (1997) is based on the true story of an FBI agent who infiltrates a crime family from the ground up. In GoodFellas (1990), Ray Liotta plays the real-life Henry Hill, a street-smart kid who rises up the ranks before ratting on his mob family and disappearing into witness protection. No meeting of the five families here.

2. Joe Pesci. Who knew that a walking grenade could be so hilarious? With his characters — from Tommy DeVito in GoodFellas to Nicky Santoro in Casino — the pint-size Pesci keeps his friends, enemies and viewers on edge (and in stitches). No one is more dangerous. Or more funny.

3. Priceless lines. Movie dialogue in the '90s was an art, especially in gangster films. Some of these quotes were pearls of mobster wisdom, others are lines we still say today. Here's a snippet:

"Stuff that was stolen always tasted better than anything bought."
—Henry Hill (Ray Liotta), GoodFellas (1990)

"Fuhgetaboutit."
—Lefty Ruggiero (Al Pacino), Donnie Brasco (1997)

"Running a casino is like robbing a bank with no cops around."
—Ace Rothstein (Robert Deniro), Casino (1995)

"I'm funny how? Like a clown? I amuse you?"
—Tommy DeVito (Joe Pesci), GoodFellas

4. The return of Al Pacino. He broke out in the 1970s as Michael Corleone in The Godfather. But after playing just one gangster in the '80s (albeit in Scarface), he crushes the '90s with an expanded repertoire, showing that he could convincingly play any level of mobster — even the famously over-trusting 'mutt' in Donnie Brasco.

5. Martin Scorsese's realism. Brimming with real-life gangster stories from his hometown of New York City, Scorsese deep-sixed his competition with one brutally entertaining movie after another. "When I saw it on the streets, I said that's how it should be on film," he said of his 1990 classic GoodFellas. Without Scorsese, there's no Quentin Tarantino or Guy Ritchie.

Feeling like a gangster? Watch these mob masterpieces, and other '90s classics, on the Hollywood Suite 90s Movies channel. Hollywood Suite takes you back to the '70s, '80s, '90s and 2000s with hundreds of movies on 4 HDTV Channels, Hollywood Suite On Demand and the Hollywood Suite GO app. Subscribe today and get 50% off the regular price of $6 or less per month*. Visit hollywoodsuite.ca.

*Offers and pricing varies depending on TV Service Provider. Contact your TV provider today for details.

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STAR METRO Content Solutions

IN BRIEF

Céline Dion's husband dies after cancer battle

René Angélil, the entertainment maestro who guided Céline Dion to superstardom and then married her, has died, according to Francine Chaloult, a spokeswoman for Dion. He was 73.

Chaloult said Angélil died Thursday morning at his home in Las Vegas. Coroner John Fudenberg said in a statement that Angélil died of throat cancer and no further investigation into his death was expected.

Angélil had been battling a recurrence of throat cancer since initially undergoing surgery for the condition in April 1999. He had to undergo another operation in December 2013.

Angélil stepped back from the day-to-day management of his megastar wife's career in June 2014. He turned it over to longtime friend Aldo Giampaolo, a noted impresario himself in Quebec, but remained involved in key decisions.

THE CANADIAN PRESS

Goodbye dear villain

OBITUARY

Alan Rickman, of Harry Potter and Die Hard, dies at age 69

Rickman is perhaps best known for his role as Professor Snape in Harry Potter. HANDOUT

British actor Alan Rickman, a classically-trained stage star and sensual screen villain in the Harry Potter saga and other films, has died. He was 69.

Rickman's family said Thursday that the actor had died after a battle with cancer.

Trained at the prestigious Royal Academy of Dramatic Art, Rickman was often cast as the bad guy; with his rich, languid voice he could invest evil with wicked, irresistible relish. His breakout role was as scheming French aristocrat the Vicomte de Valmont in an acclaimed 1985 Royal Shakespeare Company production of Christopher Hampton's Les Liaisons Dangereuses.

Film roles included the psychopathic villain Hans Gruber in Die Hard in 1988; a deceased lover who consoles his bereaved partner in 1990's Truly Madly Deeply; the wicked Sheriff of Nottingham in Robin Hood: Prince of Thieves in 1991; and a wayward husband in 2003 romantic comedy Love Actually.

Millions know him from the Potter films, in which he played the portions and defence against the dark arts teacher Severus Snape, who was either a nemesis or an ally — possibly both — to the titular teenage wizard.

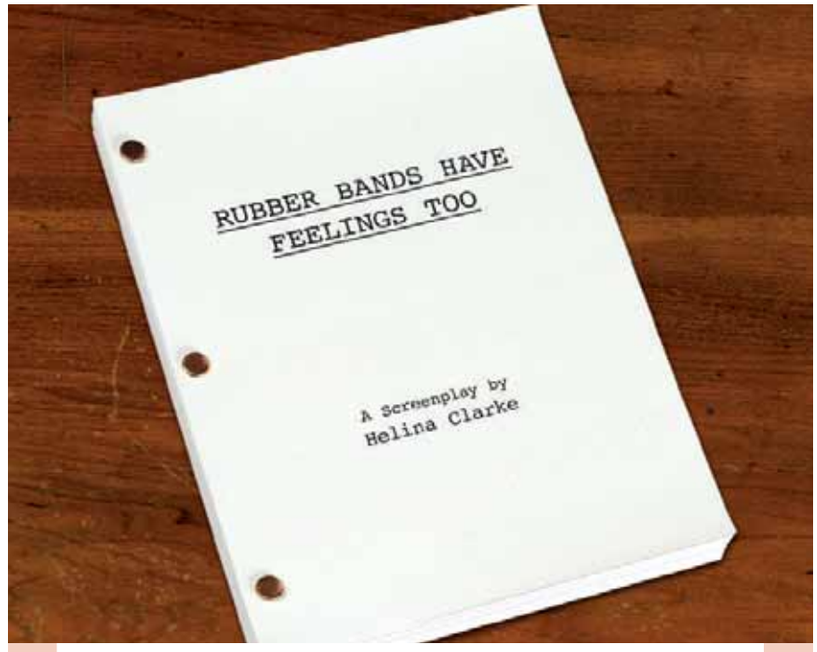
He appeared frequently onstage, earning Tony Award nominations for Les Liaisons Dangereuses in 1987 and Noel Coward's Private Lives in 2002.

Rickman was also a filmaker, directing and co-starring opposite Kate Winslet in 2014 costume drama A Little Chaos.

Frequently charming in person, Rickman was, by his own account, uncompromising as an actor. During the filming of Harry Potter, he maintained Snape's air of haughty disdain even off-camera.

Rickman is survived by his partner of 50 years, Rima Horton, whom he married recently.

THE ASSOCIATED PRESS



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ACTION/COMEDY

Norm of the North

Director: Trevor Wall
Starring: Rob Schneider, Heather Graham

A polar bear of many words, Norm's greatest gripe is simple: there is no room for tourists in the Arctic. But when a maniacal developer threatens to build luxury condos in his own backyard, Norm heads to New York City to stop it.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
NOT YET REVIEWED	+64%

ACTION & ADVENTURE

13 Hours: The Secret Soldiers of Benghazi

Director: J.J. Abrams
Starring: John Krasinski, Pablo Schreiber

The gripping true story of six elite ex-military operators assigned to protect the CIA who fought back against overwhelming odds when terrorists attacked a U.S. diplomatic compound on September 11, 2012.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
NOT YET REVIEWED	+94%

DRAMA

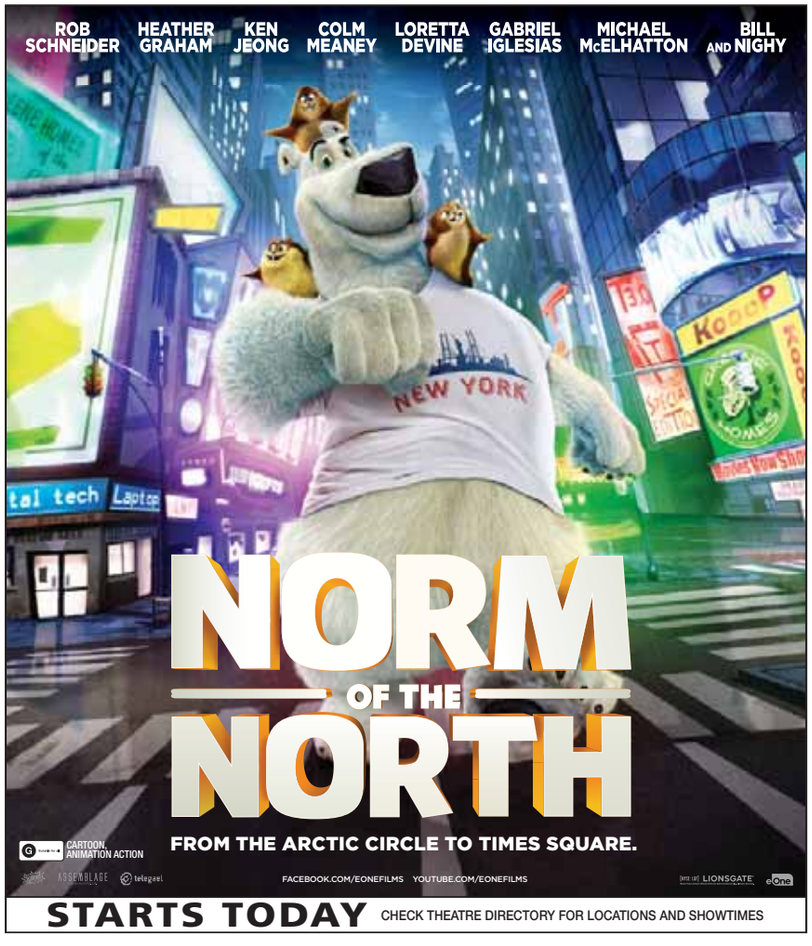
Experimenter

Director: Michael Almereyda
Starring: Peter Sarsgaard, Winona Ryder

Yale University, 1961. Stanley Milgram designs a psychology experiment that still resonates to this day, in which people think they're delivering painful electric shocks to an affable stranger strapped into a chair in another room. Despite his pleads for mercy, the majority of subjects don't stop.

ROTTEN TOMATOES™ SCORE

Critics:	Audience:
88%	59%



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THE TV DINNER JESSICA ALLEN

To properly annoy one's friends at an Oscar-viewing party, one needs to have a command of the slew of less consequential awards

THE GOLDEN GLOBE BOY: Leonardo DiCaprio

THE MEAL: Pasta and Leek Bake

During the run-up to Oscars (T-minus 44 days), I often feel like someone who did track in high school and suddenly finds themselves, 25 years later, about to run a marathon.

There's so much to watch, to get invested in, including heady dramas like Carol, Room and Spotlight. But the brain is flabby and unconditioned after several months of binge-watching Ladies of London (OMG have you seen this show?).

In order to properly train — and properly annoy one's friends at an Oscar-viewing party — one needs to have a command of the slew of less consequential awards that have already been handed out. Spotlight took home top honours at the Gotham Awards, for example, but the New York Film Critics Circle gave that to Carol. Meanwhile, Golden Globes went to The Revenant and The Martian for best drama and comedy respectively. And just to keep things really interesting, the National Board of Review deemed Mad Max: Fury Road the best film of 2016. But the Producers Guild Awards, on Jan. 23, are usually considered more useful in predicting what film will take home the 13-and-a-half-inch-tall Big One. And they didn't even nominate Room, which the Academy did on Thursday, but they did include Sicario, Straight Outta Compton, and Ex Machina, which the Academy didn't. Both shut out Carol.

Enough ink gets spilled in the warm-up that you'll be huffing and puffing come Feb. 28. Films take out ads in newspapers begging to be considered. Critics make predictions, which often include several titles you've never even heard of. For some, like The Hollywood Reporters' Scott Feinberg, Oscar watch is a full-time job, literally. For me, it just means I can't rewatch Step Brothers, written and directed by Adam McKay, because I feel like it. I should be watching his Oscar-nominated film The Big Short.

Or can I? Simon recently interrupted our Sunday morning quiet time, where we divide up the New York Times and sit with silence — and coffee — to inform me that A.O. Scott considers Step Brothers to be "a bona fide masterpiece."

We nodded, smug in the knowledge that we share a minority opinion with the paper's chief film critic. I bet we watch the comedy three times a year and always, without protest from either party, stop and rewind to a particularly magical bit of movie-making: "Do you like guacamole?" John C. Reilly asks. "Yes!" asserts Will Ferrell, just before Reilly crushes him after he leaps onto the top bunk of the beds they've constructed together.

And much like Oscar buzz isn't something you'd expect from a film by the same guy who wrote and directed Anchorman, I made something completely new for dinner — and from a new cookbook to boot: the pasta and leek bake from Simply Nigella. It required making a roux, which seems as easy as Meryl Streep doing an accent, but I can count on one hand the number of times I've prepared it successfully. That includes this attempt, which we enjoyed seconds of while pausing Step Brothers on all our favourite parts.

Dinner was a real winner, which no one could've predicted.

Jessica Allen is the digital correspondent on CTV's The Social.

FILM BRIEF

Mullally lands role in new Franco, Cranston film

Megan Mullally is set to star opposite James Franco and Bryan Cranston in the upcoming movie Why Him.

The film tells the story of a Midwestern father, Ned (played by Cranston), who discovers that his college student daughter is dating an Internet billionaire (played by Franco), leading to competition between the two.

Mullally, known for her roles as Karen Walker in Will & Grace and as Bev in 30 Rock, will play the part of Ned's wife Barb in the Fox comedy, Deadline reports.

Production on the movie is slated to begin in February this year. AFP

Megan Mullally GETTY IMAGES

Feel good with a Blue Monday movie

PLEASURE SCENE

Hit up a cinema on the cheap and beat the January blahs

Richard Crouse
For Metro Canada

Feeling down? You're not alone.

Years ago Cliff Arnall, a tutor at the Centre for Lifelong Learning at Cardiff University, declared January to be the most depressing month of the year. "Following the initial thrill of New Year's celebrations and changing over a new leaf," Arnall said, "reality starts to sink in." His study cited weather, debt, time elapsed since Christmas, average hours of daylight and unsuccessful New Year's resolutions" as the reasons for the slump and named the third Monday of the month Blue Monday, the single most depressing day of the year.

Whether Arnall's "sadness algorithm" passes scientific muster remains to be seen but there's no denying January can be dispiriting. This year Cineplex is offering up a way to beat the January blahs — cheap movies. On Jan. 18 Scene card members can redeem just 500 points to see any movie at Cineplex, from general admission auditoriums all the way up to the fancy-dancy VIP Cinemas.

Marston-Milbauer Eminent Scholar Emeritus at the University of Florida Dr. Norman Holland is an expert in psychoanalytic criticism and cognitive poetics, which in layman's terms means he has made a study of how our brains translate activities like going to the cinema into pleasure.

"It's restful, no question," he says.

45%

In a recent survey Cineplex discovered 45 per cent of Canadians say they typically feel rested after watching a movie while 38 per cent say they feel "less stressed, like I took a mini vacation."

"The parts of your brain that turn off are the parts that plan action because you're not going to act on what you see on the screen in front of you. You turn off the systems that plan, that look ahead that evaluate futures. That explains the phenomenon of the willing suspension of disbelief. You accept the most improbable things, like Stars Wars or Spider-Man. At the same time the lower centres of your brain are generating emotions like mad in response to what you're seeing. This is the peculiar phenomenon that you can feel and care about these people on the screen while at the same time knowing they are nothing but a fiction."

FEEL-GOOD FLICKS
Canada's top two comfort movies are Mrs. Doubtfire and Pretty Woman

The Cineplex survey indicates that when feeling blue 78 per cent of Canadians look to funny movies to cheer them up. "We don't want Ingmar Bergman on Blue Monday," says Holland. "The idea is to do something for yourself. Do something that pleases you."

Overall, according to Cineplex, Canada's top two comfort movies are the Robin Williams comedy Mrs. Doubtfire and Pretty Woman with Julia Roberts and Richard Gere. Men chose the uplifting prison break movie The Shawshank Redemption as their favourite feel good flick.

Holland isn't surprised the top movies are old favourites featuring big stars. "Familiar characters, familiar faces," he says. "They're people we've had good experiences with before and can expect [to have] good experiences with again."

So what would the good doctor go see on Blue Monday? "8 ½ by Fellini," he says. It's a fanciful movie that engages both the emotional and intellectual sides of the brain. "I love Fellini."

"The idea is to do something for yourself. Do something that pleases you."
Psychoanalytic expert
Dr. Norman Holland

Richard Gere and Julia Roberts in Pretty Woman. CONTRIBUTED

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Oscar stuns with lack of diversity

NOMINEES

No actors of colour get nods in major categories

As the dust begins to settle after the 2016 announcement, many fans' early-morning enthusiasm quickly turned to disappointment after not a single black actor was nominated. Actors of colour did not make it to the 20 award slots available in the best actor, best actress, best supporting actor and best supporting actress categories.

For the second year in a row, fans used the #OscarsSoWhite hashtag to voice their frustrations. "And the #Oscar goes to... somebody white. #OscarNoms," Twitter user Jamar Hooks wrote.

"The #Oscars this year looking a lot like a Trump rally. All White," Michael Skolnik commented.

Darnell Hunt is a sociology professor at the University of California, Los Angeles, and the director of the Ralph J. Bunche Center for African American Studies, which releases a Hollywood Diversity Report annually. He said he was hardly surprised that actors of colour were left out of the Oscar nominations. The snubs, he said, reflect a lack of diversity within the Academy of Motion Picture Arts & Sciences, which votes for the awards.

Many hope host Chris Rock takes the Academy to task for lack of diversity among nominees. TORSTAR NEWS SERVICE/GETTY IMAGES

"Unfortunately, the nominations kind of reflect the state of the industry as it relates to diversity. We're talking about an Academy that's 93 per cent white, 76 per cent male, and average age 63," Hunt told Torstar News Service in a telephone interview Thursday.

This year's Oscars host is Chris Rock, who has regularly brought issues of racism and discrimination into his comedy. Rock did not comment on the #OscarsSoWhite criticism Thursday. Many said they hoped Rock would use his opening monologue to hold the Academy accountable.

Fans on social media wanted Idris Elba to be nominated for his role as an African warlord in Beasts of No Nation, for which he received BAFTA, SAG-AFTRA and Golden Globe nods.

Many were also upset at snubs of Will Smith for his part in Concussion and Michael B. Jordan, who starred in Creed, and that Puerto Rico-born Benicio Del Torro was also left out for his part in Sicario.

While NWA biopic Straight Outta Compton was nominated for best original screenplay — after being left out of the Golden Globes nominations — many on social media were quick to point out that the nominated screenwriters were actually white.

Hunt said awards like the Oscars set the standards for what the industry views as great films, and that in turn shapes "future decisions that are made about what projects will be green-lit, with what budgets, (and) with what stars.

"We're reproducing the same old exclusionary industry by only recognizing certain types of projects and that's a huge problem," he said.

A study last year at the University of Southern California found that film characters are still overwhelmingly white. Of the top 100 films in 2014, 73.1 per cent of characters were white. Black characters accounted for only 12.5 per cent of the ones on screen, compared to only 5.3 per cent for Asian and 4.9 per cent Hispanic characters.

Hunt said the industry needs to be restructured to better reflect U.S. society. That means diversifying membership in the Academy and among studio executives, as well as what roles are being offered to minority actors.

TORSTAR NEWS SERVICE

OSCARS

Canucks unapologetic about nods

Montreal producer Pierre Even had a snappy response whenever anyone predicted he would see Academy Award nominations today for the film Brooklyn. "Never say that!" Even would say. "Nothing's for sure!"

But Even and Marie-Claude Poulin, co-producers on the film, were celebrating Oscar nominations Thursday morning for best picture, best actress (Saoirse Ronan) and best adapted screenplay (Nick Hornby).

Also in the running for best picture is Room, a Canada-Ireland co-production shot largely in Toronto and based on Emma Donoghue's novel of the same name. Brooklyn is a Canada-U.K.-Ireland co-production, in which Montreal stood in for Brooklyn during shooting.

"Best picture is something else," a clearly-excited Even said in a phone interview after watching a live stream of the Oscar nominations this morning. "I guess it means that people would return our phone calls now — I'm joking."

Even said the Oscar nominations show that Canadian crews can perform at the top levels of the movie industry.

"I'm very proud," Even said.

Donoghue was clearly elated by her nomination in the best adapted screenplay category, tweeting: "4 #OscarNoms for #RoomtheMovie, Best Picture, Best Director, Best Lead Actress, Best Adapted Screenplay, hard to type while shaking."

"It's just wonderful to see a fairly low-budget film, made mostly with state money, can do so well," said Donoghue from Nice, France.

The film won the People's Choice Award at the Toronto International Film Festival, where it began generating awards buzz.

Other Canadians named during the ceremony in Beverly Hills, Calif. included Rachel McAdams, who was nominated for best supporting actress in Spotlight.

Canadian connections: Montreal stood in for Brooklyn, above; The Weeknd, Emma Donoghue and Rachel McAdams are all nominated. TORSTAR NEWS SERVICE/GETTY IMAGES

The Weeknd was nominated for best original song for Earned It from the film Fifty Shades of Grey, along with fellow Canadians Ahmad Balshe, Jason (Daheala) Quenneville and Stephan Moccio.

Several other Canadians were nominated for their work on The Revenant, which picked up a leading 12 nominations. They include: set decorator Hamish Purdy of Vancouver, who received a production design nomination, Chris Duesterdiek for sound mixing and Cameron Waldbauer for visual effects. TORSTAR NEWS SERVICE

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Raise a toast: Parks Canada to waive 2017 entrance fees as part of Canada's 150th

VAWN HIMMELSBACH/FOR METRO

Praising Arizona

SCOTTSDALE

Active living is easy when the sun is shining

Vawn Himmelsbach
For Metro Canada

Scottsdale, Ariz., isn't just for your grandparents — it's come into its own as a top adventure destination. In a single day, you can challenge your quads on a double-black-diamond hike, learn how to rope a calf at a dude ranch and sample your way along the local ale trail.

It still has a cowboy vibe (it was dubbed the West's most Western town in the 1950s), but this former farming community has transformed itself into a base for outdoor adventure, along with a burgeoning culinary and craft beer scene.

Indeed, Scottsdale was named America's No. 2 foodie city in 2014 by Livability.com, thanks to its numerous farmers' markets and award-winning chefs — not to mention nearly 800 restaurants to choose from (don't miss dinner at FnB, where James Beard-nominated chef Charleen Badman whips up elevated vegetable creations, or an unbuckle-your-belt feast at Bryan's Black Mountain Barbeque with some of the best beef brisket in town).

Here's how to make the most of a trip to Scottsdale this winter:

Hiking, biking and climbing

The city's most prominent landmark is Camelback Mountain, shaped like a camel lying down.

With its sheer red cliffs, this 75.8-acre park is a favourite hiking and climbing spot for locals — its two summit trails are double-black-diamond hikes (in other words, not for beginners). It's worth waking up early and starting in the dark — you'll be rewarded with 360-degree views at the summit while you watch the sun rise over the Sonoran Desert.

The many parks and preserves in the area are ideal for hiking, mountain biking and rock climbing, particularly in the winter with temperatures averaging around 21 degrees C.

Craft beer

America's craft beer scene often brings Portland to mind, but Arizona is abuzz with microbreweries — and it's easy to experience what's on tap by walking, biking or taking the free trolley on Scottsdale's downtown ale trail. Don't miss Craft 64, with a rotating selection of 30 Arizona craft beers on tap such as the popular Four Peaks Kilt Lifter. And stop by Sip Coffee & Beer with 19 rotating craft beers on draft and coffee beans provided by local roaster Cartel Coffee Lab. Cartel also brews its own beers, including Coffee Brown, a nut-brown ale made with Cartel coffee beans.

Cowboy College

Scottsdale is home to luxury spas and high-end shopping, but here you can find a slice of the real west. So don't miss a chance to discover your inner cowboy and rope a calf (well, a roping dummy, anyway). The Four Seasons Resort Scottsdale at Troon North offers a Cowboy for a Day package at Arizona Cowboy College, where you'll learn the ropes of horse handling and cattle driving — no easy-peasy trail rides and resort-style cookouts here.

LOONIE LOVE
The Loonie Love in Scottsdale campaign offers perks from partners keen on welcoming their neighbours from the north as the Canadian dollar drops in value.

The desert

In Scottsdale, you're always a stone's throw from a Saguaro cactus. But this desert is one of the most bio-diverse on the planet.

Learn more about it at the Desert Botanical Garden, a living museum that features 50,000 desert plants from around the world, with trailside exhibits and art exhibitions. Or, go off-road and get muddy on a Cactus Canyon Adventure with Pink Adventure Tour (yep, in pink jeeps), where learning about flora and fauna is actually fun.

Where to stay

Sanctuary on Camelback Mountain is a luxurious retreat featuring newly renovated ultra-chic mountainside casitas.

Its renowned Sanctuary Spa features an Asian-inspired menu of services; plus, there's yoga, pilates and spinning, along with five tennis courts and an outdoor lap pool. Celebrity chef Beau MacMillan whips up farm-fresh American fare at elements, its fine dining restaurant.

Or, retreat to the AAA Five Diamond Four Seasons Resort Scottsdale at Troon North, with spacious casitas that open onto stunning desert scenery in the cooling foothills of Pinnacle Peak — plus, there's an award-winning spa and possibly the best craft cocktails in town.

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5 SAN FRAN CLASSICS TO UP YOUR FOOD GAME

San Francisco is a city that is serious about its food, and with the Super Bowl heading to nearby Santa Clara, the hungry hordes hankering for a taste of the local food scene won't be disappointed. Here's a guide to five foods and drinks San Francisco is famous for and where to find them. **THE ASSOCIATED PRESS**

1 Crab

You can pick up a traditional crab cocktail at one of the many vendors lining **Fisherman's Wharf**. For a different take, try it roasted and served with garlic noodles at **Thanh Long** (4101 Judah St.). Like your crab crispy? Get it shelled, battered and deep-fried at the **R & G Lounge** in Chinatown (631 Kearny St.).

2 Beer

Anchor Brewing has a history that goes all the way back to 1849, when German brewer Gottlieb Brekle arrived with his family. You can get a first-person look at the brewery via tours available most days except holidays. The tours cost $15 per person, take about 90 minutes and conclude with a tasting. Reservations are required; you can make them here: anchorbrewing.com/brewery/tours.

3 Coffee

This is a fully caffeinated city with coffee shops on just about every block. Try **Ritual**, a pioneer in the craft caffeine movement. The flagship location is 1026 Valencia St. in the Mission District. **Blue Bottle**, which began across the bay in Oakland, has a spot in San Francisco's Ferry Building. And for a little extra kick, try the famous Irish Coffee at the **Buena Vista Cafe** in Fisherman's Wharf (2765 Hyde St.).

4 Oysters

Oysters on the half shell are a longstanding San Francisco tradition. For an elegant take with a great view of the Bay Bridge try **Waterbar** (399 The Embarcadero). Starting Jan. 30 dinner will be accompanied by a free light show with the return of the Bay Lights, a display that flashes nightly on the west span of the bridge. Also on the waterfront, **Hog Island Oyster Bar** in the Ferry Building.

5 Sourdough

The region's tradition of sourdough — bread leavened with a wild yeast starter or "mother" dough — dates back to the Gold Rush. **Boudin Bakery**, established in 1849 has a veritable shrine to sourdough at its Fisherman's Wharf location (160 Jefferson St). It includes a museum and demonstration bakery. Another good place to try this crusty creation is **Tartine Bakery** (600 Guerrero St.).

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How to save on sunny travel in 2016

ADVICE

Travel expert says timing is key for getting a great deal

When it comes to saving money on travel, when you go is as important as where you go.

We checked in with Mark Murphy, founder of TravelPulse.com, to find out the best destinations for warm weather getaways that won't break the bank, and the best times to book them.

Not surprisingly, Murphy, who also publishes two magazines geared towards travel agents and organizes the Travvy Awards (touted as the Oscars of the industry), suggests using an agent — but he had some pretty convincing reasons why.

Is Mexico calling to you? Cancun has great value right now, travel expert Mark Murphy says. ISTOCK

When to go

"The key if you're looking for great value is finding the gaps," Murphy says. "Between Thanksgiving and Christmas is one of the best times to travel because it's cheap. The resorts empty out, and they don't fill back up until the Christmas holiday. Right now is another great time to travel — you could have booked something for now for half the price as what you would have paid two weeks ago to travel over the holidays."

But that won't hold true for long. The next few months is the busy time for destinations like Mexico, Florida and the Caribbean, Murphy says. And then there's a drop off again: "Any warm weather destination will see a dramatic drop in pricing right after the Easter break, and especially in May — that tends to be a really soft month, so it's a great time to get away and have the same exact experience as someone who paid twice as much to go another time," he says.

Cancun isn't just for spring breakers

If you're looking for a beach destination, Cancun is one of the best values, Murphy says. And if you go with an all-inclusive resort, you'll know all your costs up front.

"People perceive the all-inclusive market as the way it was 10, 20 years ago, with buffets lines and things like that, but it's really evolved and gone into the luxury space," he says.

"One example at the high end is the five-star, all-inclusive resort Grand Velas in the Riviera Maya region — I sent people there who are big-time foodies, and they could not say enough good things about it."

Murphy also suggests the luxe Le Blanc, an all-inclusive adults-only property with butler service, or the Hyatt Ziva if you're bringing the whole family.

Don't go it alone

Murphy's pro tip? Hire a pro. All signs point to travel agents, once declared obsolete, making a comeback.

"The price you pay for doing all the work yourself is the same price you pay if you book through a travel agent. It's a myth that it's cheaper to book on your own," Murphy says.

In fact, it can be cheaper to use an agent: "The Marriott in Cancun, for example, will give you the same price no matter where you book, if it's the Marriott site or Expedia," he explains.

> **People perceive the all-inclusive market as the way it was 10, 20 years ago, with buffets lines and things like that, but it's really evolved**
>
> Mark Murphy, founder of TravelPulse.com

"But if you book with a travel agent, you might get an unpublished value-added offer (such as a dining credit) that is only available through an agent."

Not only can a travel agent score you savings, plus sift through the overload of information so you don't have to, they're also a resource if something goes wrong on the trip.

"If there's a problem with the hotel, you can call the agent and ask them to fix it," he says.

"So now you have an advocate who's going to deal with it."

RACHEL VIGODA/METRO IN NEW YORK

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metro SPORTS

Patrick Chan is adding a triple Axel to his long program, cranking up the difficulty in time for the Canadian championships in Halifax

OT part of London calling

NBA

Raptors take down Magic across the pond

The Toronto Raptors are becoming accustomed to putting in extra effort on their trans-Atlantic trips.

Kyle Lowry scored 24 points, Cory Joseph had 19 and the Raptors won their fourth straight game Thursday, holding off the Orlando Magic 106-103 before a sold-out crowd at London's O2 Arena.

The last time the Raptors (25-15) visited London, back in March 2011, they lost in triple overtime to the Nets, a see-saw game that saw DeMar DeRozan and former Raptors centre Andrea Bargnani both miss last-second shots.

This time, DeRozan had 13 points and 11 rebounds as the Raptors avenged a Nov. 6 loss in Orlando that spoiled Toronto's franchise-best 5-0 start.

Seven Raptors reached double figures, with Jonas Valanciunas scoring 13, and Bismack Biyombo, Patrick Patterson and Luis Scola each getting 11.

Victor Oladipo scored 27 points and Evan Fournier had 21 as Orlando (20-19) lost for the sixth time in seven games.

Nikola Vucevic had 17 points and 11 rebounds for the Magic, while Tobias Harris had 16 points and 11 boards.

Canadian Andrew Nicholson came off the bench for the Magic, scoring six points in three minutes.

THURSDAY **In London**

106	103
RAPTORS	MAGIC

Two free throws by Lowry put Toronto up 105-100 with 43 seconds left in overtime, but Oladipo answered with a three-pointer.

After a missed shot by Lowry, he redeemed himself by stealing the ball from Oladipo and drawing a foul from Harris. Lowry made one of two, making it a three-point game.

Vucevic saw his last-second shot from halfcourt bounce off the rim, giving Toronto a hard-earned win.

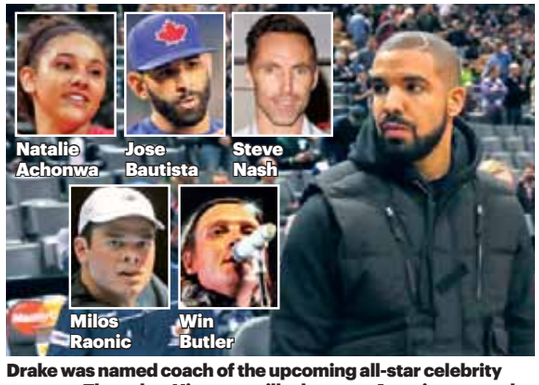
The wild finish came after the Raptors gave up an 11-point lead in the final 7:34 of the fourth quarter, with Oladipo's jumper tying it at 96-96 with 32 seconds to go.

After a missed shot by Lowry, Oladipo had a chance to win it for Orlando, but missed a 21-foot jumper with seven tenths of a second remaining.

After a replay review to determine possession, the Magic got the ball under Toronto's basket. Harris inbounded the ball to Jason Smith, but his shot bounced off the rim, sending the game to overtime.

The game attracted a large number of celebrities, including retired heavyweight boxer Lennox Lewis, Montreal Impact striker Didier Drogba, actor Michael B. Jordan and chef Gordon Ramsey. THE CANADIAN PRESS

COACH DRAKE'S CELEB ALL-STARS



Drake was named coach of the upcoming all-star celebrity game on Thursday. His team will take on an American squad coached by comedian Kevin Hart on Feb. 12 in Toronto. Go to metronews.ca for the full rosters. ALL PHOTOS GETTY IMAGES

The Raptors' DeMar DeRozan drives to the basket against the Magic on Thursday. GREGORY SHAMUS/NBAE VIA GETTY IMAGES

NFL PLAYOFFS

Kelce vs. Gronk in battle of top TEs

Travis Kelce has always been competitive, whether it was on the playground as a kid, the Cleveland Heights football field in high school, or inside Nippert Stadium at the University of Cincinnati.

It didn't change when he was drafted by the Kansas City Chiefs, either.

If anything, the tight end became even more competitive, setting a goal to be the best player at his position in the NFL.

And on Saturday, he'll have his biggest platform yet to state his case when the Chiefs visit the New England Patriots in the divisional round of the playoffs.

On the other sideline? Rob Gronkowski, considered to be the best tight end in the game.

> **He's good. He wouldn't be in the playoffs — that team wouldn't be in the playoffs — if he wasn't good.**
> Patriot Patrick Chung on the Chiefs Travis Kelce

"I have no control over what that guy does. He has no control over what I do," Kelce said.

"Rob's been an outstanding tight end, needless to say — all the stuff he's been able to do in the league. But we're in a single elimination game. I have no focus or care for what that offence does."

Nor does Gronkowski care what the Kansas City offence does. Both tight ends are focused on beating the opposing defence, not beating each other in catches or yards or touchdowns.

It sure is an interesting game within the game, though.

Gronkowski was the Patriots' leading receiver with 1,176 yards this season, while Kelce was the Chiefs' second-leading receiver with 875. That put both of them in the top four in the AFC among tight ends, with Gronkowski at the peak of the ladder and Kelce just a few rungs below.

THE ASSOCIATED PRESS

NHL

Sens swap D-men with Predators

The Ottawa Senators have acquired defenceman Conor Allen from the Nashville Predators in exchange for defenceman Patrick Mullen.

The Senators said in a release Thursday that Allen will be assigned to the Binghamton Senators of the American Hockey League.

Allen, 25, has six points (one goal, five assists) and 52 penalty minutes in 31 games with the AHL's Milwaukee Admirals this season.

EXPERIENCE

Allen has four penalty minutes in seven career NHL contests, all with the Rangers who signed him as a collegiate free agent.

Mullen has 16 points (one goal, 15 assists) and 18 penalty minutes over 36 contests with Binghamton this season.

THE CANADIAN PRESS

IN BRIEF

Don't worry. It's just a game.

A letter from a Grade 1 student written to Vikings kicker Blair Walsh, pictured, who missed a playoff-game-winning field goal against the Seahawks last weekend.

NFL

St. Louis fans sue Rams over move

Rams owner Stan Kroenke and others violated Missouri law by lying about their desire to keep the NFL team in St. Louis, according to a lawsuit filed by fans that seeks class-action status and unspecified damages.

The suit was filed Wednesday in St. Louis Circuit Court, one day after NFL owners voted to allow the Rams to relocate to suburban Los Angeles for next season.

The suit alleges that Kroenke and chief operating officer Kevin Demoff made false and misleading statements over the years indicating the team had no intention of leaving St. Louis, violating Missouri's Merchandising Practices Act.

Stan Kroenke THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

RECIPE Deli Quesadillas

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Let's finish off the week easy, shall we? Stop by the deli counter on your way home and pick up some sliced meat and dinner will be halfway made.

Ready in
Prep time: 15 minutes
Serves 2

Ingredients
- 12 to 16 slices of roast turkey or deli turkey
- 2 apples, thinly sliced
- 50g white cheddar cheese, thinly sliced
- 4 whole wheat tortillas
- 2 teaspoon olive oil

Directions
1. Place a skillet over medium low heat and add 1/2 tsp of oil.

2. Place your tortillas in the pan. Arrange your cheese slices across one half of the tortilla. Then layer 1/4 of the apple slices and four slices of meat on top of that.

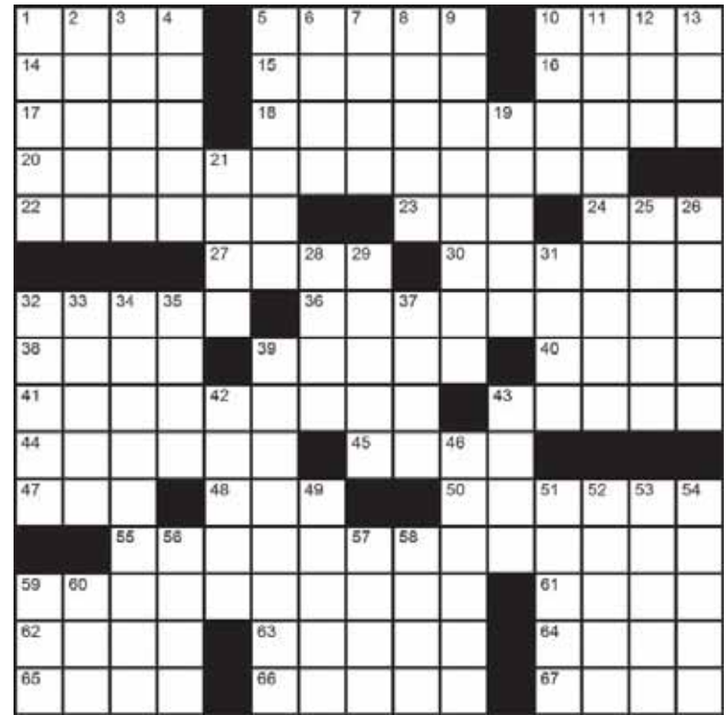
3. Cook until tortilla is beginning to brown on the outside and the cheese begins to melt. Fold the tortilla in half and flip to warm the other side, about 1 minute. Remove the quesadilla to a clean cutting board. Repeat until you have 4 quesadillas. Slice the quesadillas in triangles and serve with a salad.

If you're using these in a packed lunch. Allow them to cool before storing in an airtight container in the refrigerator. Reheat quesadillas in the morning and then pack in a thermal lunch container.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ms. Sommer
5. _ _ _ _ (Three multiple choice options)
10. New Zealand fruit
14. Grinding factory
15. Ms. Palin
16. Phoenix locale [abbr.]
17. Downright nasty
18. Kitchen backsplash choice: 2 wds.
20. Best Actress in a Movie Made for Television or _ _ _ (One of two categories in which Rachel McAdams is a Critics' Choice Awards nominee for this weekend's ceremony)
22. Company's experience-getter
23. Knock
24. 100 [abbr.]
27. American state
30. Casino card game gig
32. Analyze
36. Canadian pairs skaters Sale & Pelletier won 2002 Olympic gold for their performance to what movie theme music?: 2 wds.
38. Faux/artificial, briefly
39. Showbiz legend Ms. Day
40. _ Scotia
41. Moisturizer variety: 2 wds.
43. Wished
44. Egyptian Myth: Scarab-headed god
45. Medieval labourer
47. "Clumsy" band, briefly
48. Ms. Gardner
50. Prophet
55. The Guess Who song: 2 wds.
59. Big river in New Brunswick
61. Musician Mr. Puente
62. _ Sound, Ontario
63. Baronial
64. Smelly
65. Ernie's muppet friend
66. Rose parts
67. Network of nerves

DOWN
1. "My Kind of Love" singer Ms. Sande
2. "Easy _": 1972 Uriah Heep tune
3. Austrian painter, Gustav _ (b.1862 - d.1918)
4. Ms. Kemper of "Bridesmaids" (2011)
5. Acquiesce
6. Telecom speed unit
7. Royal symbols
8. More uncooked
9. Acting/guessing party game
10. "_ & Leopold" (2001)
11. It's an 'Eire-ea' of Newfoundland to explore on a scenic drive: 2 wds.
12. Mr. Wheaton
13. 'Final' suffix (Settle)
19. "Holy smokes!"
21. Honest
25. Boldness
26. Mythological tree nymph
28. Lotion ingredient
29. Greek Myth: Season goddesses
31. _ _ extra cost
32. Canadian actress, Cara _
33. Menotti opera, _ and the Night Visitors
34. The 'wrap' of a veggie wrap: 2 wds.
35. Footprint
37. Vitalities
39. Retro outdoor movie-going venues
42. Beach 'hermits'
43. Olympian queen
46. Nick of "The Deep" (1977), and surnamesakes
49. Specialized vocabulary
51. Character in 1997's "Titanic", John Jacob _ IV
52. Country in a 2010 mining rescue operation
53. Rolling Stones album: '_ _ Bleed'
54. Wear away
56. Laundry accumulation
57. Toothpaste holder
58. Movie
59. San Francisco's _ Hill
60. Female sheep

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
With Mercury in retrograde, you would be wise to think before you speak, especially on the work front. Weigh your words carefully. Do they really have to be said?

Taurus April 21 - May 21
You will get through chores, at home and at work, in record quick time today. You will also reach a decision about an offer you have been in two minds about taking.

Gemini May 22 - June 21
Be very careful what you choose to believe today because the planets warn you will be open to negative propaganda. Anyone who tells you to follow their lead is not to be trusted. Listen to your inner voice.

Cancer June 22 - July 23
Your powers of persuasion are usually very good but they may fail you today. You're trying too hard to convince others, and that makes them suspicious. Aim to be less forceful.

Leo July 24 - Aug. 23
People in positions of power will say good things about you today but don't think you can rest on your laurels. You have gone up in their estimation, but you must work even harder to maintain your position.

Virgo Aug. 24 - Sept. 23
As Mercury is linked to luck planet Jupiter today you'll get away with things today, but that's no excuse to behave badly. People will respect you more if you respect them.

Libra Sept. 24 - Oct. 23
There is no reason to hold back: give it all you've got and show the world what you are capable of. If you've been thinking about changing jobs or location now is the time to do it.

Scorpio Oct. 24 - Nov. 22
In your hurry to get ahead don't forget that other people have feelings too. Be careful what you say to work colleagues today because if they feel you are being unfair they will turn against you.

Sagittarius Nov. 23 - Dec. 21
Anyone who disagrees with you will wish they had kept their opinions to themselves. Mercury linked to Jupiter means you won't hesitate to point out their faults and failings.

Capricorn Dec. 22 - Jan. 20
Do what has to be done and worry about the consequences later. The results will speak for themselves, so pay no mind if your attitude upsets other people.

Aquarius Jan. 21 - Feb. 19
You can afford to be optimistic and you can afford to take risks. A money-making opportunity will come your way. Don't waste time thinking about it — take action!

Pisces Feb. 20 - March 20
If you are told something of a privileged nature you must keep it to yourself. With Mercury, planet of communication, linked to Jupiter, planet of excess, there is a danger you will let slip information.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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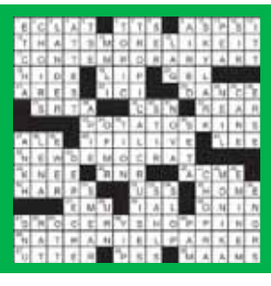

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8	3	1	6	2	7	4	9	5
9	6	5	4	8	3	1	2	7

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